CONTENTS

List of Tables III
List of Figures VI
List of Appendices VIII

CHAPTER
I INTRODUCTION 1-14
1.1 Coach 1
1.2 Stress 4
1.3 Burnout 5
1.4 Factors Related to Stress and Burnout 7
1.5 Symptoms of Stress and Burnout 7
1.6 Coping with Stress and Burnout 10
1.7 Statement 11
1.8 Objectives 11
1.9 Hypothesis 13
1.10 Significance 14

II REVIEW OF RELATED LITERATURE 15-52
2.1 Stress 15
2.2 Stress in coaching profession 20
2.3 Burnout 22
2.4 Burnout in coaching profession 27
2.5 Stress and Burnout 34
2.6 Factors related to Stress and Burnout 39
2.6.1 Individual Factors 39
2.6.2 Occupational Factors 44
2.7 Measurements of Stress and Burnout 48

III. METHODOLOGY 53-71
3.1 Pilot Study 53
3.2 Sample 57
3.3 Measuring Tools 59
3.3.1 Background Information and Job Attitude 59
3.3.2 Stress Diagnostic Survey (1982) 60
3.3.3 Maslach Burnout Inventory (1986) 64
3.4 Data Collection 68
3.5 Data Analysis 69
3.6 List of Abbreviations 69

IV RESULTS AND DISCUSSION 72-161
4.1 Stress Among Coaches 72
4.2 Burnout Among Coaches 121
4.3 Relationship Between Stress and Burnout 157

V SUMMARY AND CONCLUSIONS 162

Bibliography 174
Appendix VIII-XIX